

## SUNDAY DANCES

### 1ST SUNDAY OF THE MONTH

October 3

Line Dance with Jeanette Feinberg

1:00-4:00pm, \$7 per person

Lessons, refreshments, and dancing

### 2ND SUNDAY OF THE MONTH

October 10

Social Line Dance Mixer with Allen Isidro

1:00-4:00pm, \$10 per person

Lessons, refreshments, and dancing

### 3RD AND LAST SUNDAY OF THE MONTH

October 17 & 31

Come and dance the afternoon away with the Bob Gutierrez Band. Refreshments served by your hosts Raoul Epling and Akira Tsunoda.

1:00-3:30pm, \$6 per person



## SENIOR CENTER NEWSLETTER



**Masks are required for everyone entering the Senior Center. This policy will be strictly enforced for the safety of all. Please sign in at the front door before entering the building for any reason. We greatly appreciate your cooperation.**

The Senior Center is hopping these days with the majority of our classes back in action. This month we will have our first party on October 29<sup>th</sup>, but we are limiting capacity to 120 people. Pre-registration is required for this lunch. We are also having an Oktoberfest themed lunch on October 1<sup>st</sup>. No pre-registration is required, but come early to get a spot. We are introducing a few new classes in October: "Better Bones & Posture" with Stephanie Funk on Tuesday afternoons, which will be a four week series and Art Appreciation class on Monday afternoon, October 18<sup>th</sup>, with Linda Dever. Dolly will also lead a Free Beginner Line Dance Review on Wednesdays at 12:30 pm. The Cornhole Boards (Bean Bag Toss Game) will be put out on the deck on Thursday afternoons for drop-in play. Should you have any questions, you can contact the Senior Center main line at 650-616-7150.

### October Lunchtime Entertainment

Mondays @ 10:45am: Bob Gutierrez Band

Tuesdays @ 10:30am: D.J. Music with Joe

Wednesdays @ 10:45am: Bob Gutierrez Band

Thursdays @ 11:30am: Accordion Music with Vince Mantia

Friday, Oct. 1 @ 11:15 am: Oktoberfest George Campi Accordion

Friday, October 15 @ 11:15 am: Jerry Curiano Vocals

### FRIDAY MOVIE TIME: OCTOBER 22ND AT 9:30 AM: "FORD V FERRARI" (152 MINUTES)

Matt Damon and Christian Bale star in this film based on the remarkable true story about Ford Motor Company's attempt to create the world's fastest car. American car designer Carroll Shelby (Damon) and the fearless British-born driver Ron Miles (Bale) together battle corporate interference and the laws of physics to build a revolutionary race car and take on Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.

### HALLOWEEN DANCE PARTY FRIDAY, OCTOBER 29<sup>TH</sup> 10:30 AM - 1:00 PM

Dress up, Dance, Eat. Join "Have A Party Pros" for a great time. Hamoween and Monster Mashed Potatoes lunch. Suggested Donation for 60 years & older \$6.00; under 60: \$6 fee. 120 tickets at the reception desk. No tickets at the door. Dessert provided by Supple Senior Care. *No Zumba, Bingo, or Ping Pong today.*

### "BETTER BONES & POSTURE" TUESDAYS OCTOBER 5-26 FROM 2:00 - 3:00 PM

In this Pilates-based fitness program you will practice safe & effective standing & mat exercises that form the pillars of bone-healthy movement. The exercises are designed to improve posture & balance, increase strength & flexibility, and reduce your risk for falls. Pre-registration required - *no drop-ins*. For fees and more information, register online at [www.fitnessmuse.com](http://www.fitnessmuse.com) or contact the instructor, directly: Stephanie Funk, [fitnessmuse@gmail.com](mailto:fitnessmuse@gmail.com), 415-269-9772.

### DAYTIME BINGO MONDAYS, WEDNESDAYS & FRIDAYS FROM 1:00 - 3:00 PM

We have been hosting our Daytime Bingo since September 1st. We will be offering our Daytime *Big* Bingo on Wednesday, October 13th. The Buy-In is \$10 on that day with \$100 payouts. A single sheet is \$2.50 and Blackout is \$.50 per sheet. There is no set date at this point for the return of Thursday evening Bingo.

### FREE ART APPRECIATION LECTURE & FILM WITH LINDA DEVER MONDAY, OCTOBER 18<sup>TH</sup> 1:30 - 3:00 PM

The topic will be Artists using pastels from the Renaissance to Modern Day, which is on display at the Legion of Honor.



# CLASSES AND PROGRAMS

Monday	8:15am Hike (Free) 9:00am Mahjong (Free) 9:00am Ceramics Workshop (\$3 supply fee) 9:00am Bocce League in Progress 1:00pm Tap Class (\$5) 1:00pm Bingo (\$2 Buy-in) 1:00pm Computer Club (Membership) 2:45pm Pilates/Yoga Fusion (Adult School) 4:00pm Yoga (Adult School)
Tuesday	9:30am Zumba Gold (\$4 SB resident; \$5 non-resident) 10:00am Spanish (Free) 10:30am Sit & Workout \$5 11:30am Bocce League in Progress 12:30pm Beg. Line Dancing (\$3 SB resident; \$3.50 non-resident) 1:00pm Ukulele (\$3.00 SB resident; \$3.50 non-resident) <b>No Class on Oct. 12 &amp; 19</b> 1:00pm Computer Club (Membership) 2:00pm "Better Bones & Posture" Register with Instructor
Wednesday	8:15am Hike (Free) 9:00am Advanced Line Dance (\$5) 9:30am Stained Glass Workshop (\$5 per month) 9:30am Horseshoe League (\$5 or Free for Members) 12:30pm Beginner Western Review with Dolly (Free) 1:00pm Bingo (\$2 Buy-in) 1:00pm Computer Club (Membership) 1:00pm American Line Dance Level 1 (\$4 SB resident; \$5 non-resident) 1:30pm Current Events (Adult School) 2:00pm American Line Dance Level 2 (\$4 SB resident; \$5 non-resident)
Thursday	9:00am Fun & Fitness Exercise with Karen (\$3 SB resident; \$3.50 non-resident) 9:30am Softball at Lion's Field (\$10 per year or free to members) 10:00am Creative Writing (Free) 10:15am Yoga (Adult School) 12:30pm Pedro (\$2.00) 12:30pm Music & Motion (Free) 1:00pm American Line Dancing (\$4 SB resident; \$5 non-resident) 1:00pm Painting Workshop \$1 1:00pm Computer Club (Membership) 1:30 pm Drop-in "Cornhole" (Bean Bag Game) (Free)
Friday	8:15am Hike (Free) 9:30am Knitting (Drop-in Social Group) (Free) 9:30am Crocheting (Instruction) (Free) 9:45am Zumba Gold (\$4 SB resident; \$5 non-resident) 1:00pm Bingo (\$2 Buy-in) 1:00pm Ping Pong (Free) 1:00pm Bridge Drop-in (Free) 1:30pm American Biographies: The Presidents (\$1)

# OCTOBER LUNCH MENU

Mon	Tue	Wed	Thu	Fri
				1 <b><u>Oktoberfest</u></b>  Bratwurst (Pork) Herb Potatoes Sauerkraut
4  Meatloaf Mashed Potatoes (D)	5  Cuban Sandwiches (Shredded Pork, Swiss, Ham, Mustard) (D)	6  Teriyaki Glazed Beef Patty Steamed Rice	7  Stuffed Turkey Peppers (D)	8  Lidia's Bacon Spinach Frittata Hash Brown Patty (D)
11  Spaghetti & Meatballs (D)	12  Sweet & Sour Chicken Steamed Brown Rice	13  BBQ Pork Ribs Baked Beans	14  Country Fried Steak w/Gravy Mashed Potatoes (D)	15  Chicken in Yellow Thai Curry Steamed Rice
18  Beef Lasagna (D)	19  Kahlua Pork Coconut Rice	20  Beef Stroganoff Egg Noodles	21  Herb Chicken Pesto Pearl Cous Cous Pasta (D)	22  Roasted Salmon Herb Rice Pilaf (D)
25  Turkey Tetrazzini Pasta (D)	26  Open face Hot Roast Beef Sandwich w/ Gravy, Mashed Potatoes (D)	27  Krabby Cakes Tartar Sauce Rice Pilaf	28  Chicken with Artichokes, Balsamic Cream Penne Pasta (D)	29 <b><u>Halloween</u></b> Ham Mashed Potatoes and Gravy (D) <b>No Grab &amp; Go Today</b>

**The suggested donation is \$3.00 per meal. The Program is funded in part by the Older Americans Act and is available for adults who are 60 years and older. Meals are first come, first serve. There will be a limited number of lunches and there will be no lunch alternatives such as the salad bar. We may sell out on certain days, so early arrival is recommended. No advance reservations will be taken. The menu is subject to change. (D) indicates dish has dairy.**

